



- King County Parks
- Low intensity
- Mod. - high intensity

Employee/spouse/domestic partner \_\_\_\_\_

Healthy Incentives ID \_\_\_\_\_

Swim at the Weyerhaeuser King County Aquatic Center \_\_\_\_\_

Walk across the suspension bridge at Tolt-MacDonald Park \_\_\_\_\_

Dockton Historical Walk \_\_\_\_\_

Marymoor Audubon Bird loop \_\_\_\_\_

Walk the Big Backyard 5K to benefit King County Parks \_\_\_\_\_

Ride the Marymoor Connector and Sammamish River Trail \_\_\_\_\_

Ride the Soos Creek Trail \_\_\_\_\_

Cougar Mountain Regional Wildland Park Trail \_\_\_\_\_

Big Finn Hill Park Stroll \_\_\_\_\_

Ride the Cedar River Trail \_\_\_\_\_

Taylor Mountain Forest Hike \_\_\_\_\_

Ring Hill Forest North End Hike \_\_\_\_\_

Ring Hill Forest South End Hike \_\_\_\_\_

Island Center Forest Hike \_\_\_\_\_

Ride the Preston Snoqualmie Trail \_\_\_\_\_

Take a hike or mountain bike ride at Tolt-MacDonald Park \_\_\_\_\_

Ride the Marymoor Connector and Sammamish River Trail \_\_\_\_\_

Ride the Soos Creek \_\_\_\_\_

Cougar Mountain Park Hike \_\_\_\_\_

Play Tennis at Steve Cox \_\_\_\_\_

Play Disk Golf at Lakewood Park \_\_\_\_\_

Ride the Cedar River Trail \_\_\_\_\_

Maury Island Marine Park Hike \_\_\_\_\_

Ride the Boot Camp Cross-Country trail at Duthie Hill Mountain Bike Park \_\_\_\_\_

Pinnacle Peak Park Hike \_\_\_\_\_

Taylor Mountain Forest Hike \_\_\_\_\_

Gold Creek Hike \_\_\_\_\_

Ride the Preston Snoqualmie Trail \_\_\_\_\_

# king county parks FITNESS CHALLENGE

## TRAINING

WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5
WEEK 6	WEEK 7	WEEK 8	WEEK 9	WEEK 10

King County Parks **Your Big Backyard**  
kingcounty.gov/parks/fitnesschallenge

Participate in the 2012 Big Backyard Fitness Challenge and go for the gold! Find new activities to enjoy\*, and learn about our parks and trails!

Interested in getting out there and moving more? Take part in the 2012 King County Parks Fitness Challenge! This challenge is fun, family friendly and most activities are free. The printable Challenge Map at [www.kingcounty.gov/parks/fitnesschallenge](http://www.kingcounty.gov/parks/fitnesschallenge) shows 30 possible fitness challenge activities. Completing just ten activities will earn gold. Take photos, share with your friends and family and have fun in King County Parks, Your Big Backyard.

#### Frequently Asked Questions:

- Who might like it?  
The 2012 King County Parks Fitness Challenge has activities for every fitness level. Whether you're already active or interested in taking your first hike, this challenge is for you.
- Who can do it?  
All employees, friends, relatives, children and dogs. Challenges are appropriate for all fitness levels.
- How does it work?
  1. Register for the Challenge by emailing us at [FitnessChallenge@kingcounty.gov](mailto:FitnessChallenge@kingcounty.gov).
  2. Download a printable Challenge Map at [www.kingcounty.gov/parks/fitnesschallenge](http://www.kingcounty.gov/parks/fitnesschallenge) or request a hard copy [FitnessChallenge@kingcounty.gov](mailto:FitnessChallenge@kingcounty.gov).
  3. Review the activities and complete 10 of the 30 available activities. Along each activity route there is a unique 4 digit ID code. Enter the ID code into the challenge map. Also complete 2 training activists per week.
  4. Sign and forward the completed Challenge Map to Fitness Challenge at KSC-NR-0700 no later than June 30, 2012.
  5. For some extra fun fan us on Facebook ([iheartkcparks](https://www.facebook.com/iheartkcparks)) and upload your photos, experiences and tips for each activity. These experiences are best shared with friends, family and Rover (bark, bark)
- What are the two weekly training activities?  
Health guidelines recommend 20 – 30 minutes of physical activity atleast 3 times a week. These training activities are meant to help you keep active. Enjoy a walk, a visit to your gym, or any other cardio activity that keeps you fit and makes you feel good. Just note that you've done atleast 2 training activities of your choice by checking them off on the Challenge Map.
- What you do to earn gold?  
Complete 10 of the 30 suggested activities plus 2 training activists per week before June 23, 2012. You are allowed to do a single challenge up to 2 times. Please note that you have completed a single activity two times on your Challenge Map in order to achieve Gold status.
- How to sign up?  
Go to [www.kingcounty.gov/parks/fitnesschallenge](http://www.kingcounty.gov/parks/fitnesschallenge) and download a printable Fitness Map or request one at [FitnessChallenge@kingcounty.gov](mailto:FitnessChallenge@kingcounty.gov).

\*Please consult your physician prior to beginning any new fitness activities.

- When is the latest I can start?  
April 21, 2012

## **King County Parks your Big Backyard – Fitness Challenge Descriptions**

### **LOW INTENSITY ACTIVITIES**

**Swim at the Weyerhaeuser King County Aquatic Center** - 650 SW Campus Drive, Federal Way 98023  
Bring your swimsuits and the entire family. Hours of operation are: Mon - Fri: 6:00 AM - 8:00 PM Sat and Sun: 11:30 AM - 1:30 PM. There is a fee for participation.

**Walk across the suspension bridge at Tolt-MacDonald Park** - Tolt River - John MacDonald Park 31020 NE 40th St, Carnation.

From the main parking lot walk toward the camping area. Entrance to the bridge is near campground. Enjoy the terrific views of the Snoqualmie River and Cascade Foothills as you walk across the 500-foot-long suspension footbridge.

**Dockton Park Historical Walk** - Dockton Park 9500 SW Dock St, Vashon 98070

From Ferry, follow Vashon Highway S. Left at SW 204th St. Follow road straight as it turns into Ellisport. Follow curve right as it turns into Dockton Road SW. Veer Right to stay on Dockton Road SW. Right into Dockton Park. Take a step back in time with this .5 mile historical interpretive stroll that includes one mild hill. Ten interpretive signs through old neighborhoods and along the road detail the history of the Dockton shipbuilding days during the early 1900's. After the historical trail, walk down to the dock and see how many starfish you can find! Dockton Park includes restrooms, play area, and a picnic shelter.

**Marymoor Audubon Bird loop** – Marymoor Park 6046 West Lake Sammamish Pkwy NE, Redmond 98052

Enter the Park and follow signs to Parking Lot G. There is a \$1 fee for parking. Come see some of the more than 200 bird species that have been observed at Marymoor Park by walking the approximately 2.2 mile Audubon Bird Loop. Start at the Grassy Meadow Trail, along the Footbridge to the Marsh and Forest River Trail, through the River Corridor and finally from the River Kiosk back to the Meadow Kiosk.

**Walk the Big Backyard 5K to benefit King County Parks** - Marymoor Park 6046 West Lake Sammamish Pkwy NE, Redmond 98052

Enter to walk the Big Backyard 5k at [www.bby5k.com](http://www.bby5k.com) on May 20, 2012. This family, dog and pet friendly event does have a fee for participation and all proceeds benefit King County Parks.

**Ride the Marymoor Connector and Sammamish River Trail** - Marymoor Park 6046 West Lake Sammamish Pkwy NE, Redmond 98052

This challenge starts at the Velodrome at Marymoor Park. Enter the Park and follow signs to Parking Lot I. Take an approximately 8 mile round trip bike ride along the paved Sammamish River Trail with some scenic views of rivers, mountains and valleys. Start at the Velodrome and follow the Marymoor Connector trail West toward Bellevue and connect onto the Sammamish River Trail. The midpoint is near Sixty Acres Park. There are restrooms and benches at the beginning and end of the trail.

\*Please consult your physician prior to beginning any new fitness activities.

**Ride the Soos Creek Trail** - SE 266th St & 148th Ave SE, Kent 98042

An approximately 5 mile round trip bike ride along the Soos Creek Trail through woods, meadows and wetlands. This is a paved trail that does have some incline/decline. Look for the endpoint marker around mile 2.5. Restrooms at start point. Benches along route.

**Cougar Mountain Regional Wildland Park Trail Hike** - Blvd SE & Newcastle Golf Club Rd, Bellevue, 98006

From I-90, take Exit 13 and drive south on Lakemont Boulevard SE for 3.1 miles. Look for the entrance to the Red Town Trailhead on the left side of the road. Coal Creek Falls is most impressive after a rainy downpour. Head up Red Town trail to the Cave Hole trail junction (approx. 200') and turn left up Cave Hole. A steady, but gentle incline for .4 mile will bring you to the Coal Creek Falls trail. Walk .7 miles to the Falls & bridge crossing. You have arrived.

**Big Finn Hill Park Stroll** - Big Finn Hill Park 13800 Juanita Dr NE, Kirkland 98022

Look for the trailhead sign and an asphalt driveway that goes along the baseballfield outfield.

Big Finn Hill Park is a 220-acre wooded oasis with multi-use trails, baseball fields, a play area, and hiking trails. The trails are frequented by mountain bikers, dog walkers, and hikers. From the parking lot, follow the paved road to the trail sign on your left and enjoy the .5 mile trail loop. You will find the endpoint sign where the trail exits the forest near the west parking lot. Beginning in March, restrooms are available.

**Ride the Cedar River Trail** - Start point is at Hwy 18 and Maple Valley Road Gravel Lot

Travel East along Highway 169. Gravel Parking lot will be on the left right before crossing under highway 18. The Cedar River Trail is a paved, off-road trail. Travel North West along the trail (toward Renton) for a scenic 5 mile round trip ride. The half-way point is around the intersection of Cedar Grove Road. There are no restrooms along this length of the trail.

**Taylor Mountain Forest Hike** - 276th Ave SE & SE 188th St, 98027

Main parking lot is located at the intersection of State Route 18 and the Issaquah-Hobart Road. Enter main parking lot and cross gravel road to Holder Ridge Trail. This site is mountain bike and horse friendly. This flat, forested trail offers beautiful scenery and some pretty cool bridges. Follow the trail to the left to connect with the Holder Creek Trail. There are no restrooms on site.

**Ring Hill Forest North End Hike** - 232nd Avenue NE, Woodinville, WA 98072

Travel East along NE Woodinville Duvall Road. Turn right on NE Old Woodinville Duvall Road which will become Meyers Road/232nd Ave NE. Continue South and look for the trailhead and small dirt parking lot on your left. Parking is limited to 3 vehicles. Enjoy a 3.2 mile hike through one of King County's long-standing working forest sites. Follow the service road down to the trail loop sign on your right and continue down the trail until you approach the midpoint sign. If you'd like to continue your hike from the midpoint sign, cross the service road and follow the loop trail. There are no restrooms on site.

**Ring Hill Forest South End Hike** - 232nd Avenue NE, Woodinville, WA 98072

Travel East along NE Woodinville Duvall Road and turn right on NE Old Woodinville Duvall Road. NE Old Woodinville Duvall Road will become Meyers Road/232nd Ave NE. Continue South on Meyers Road/232nd Ave NE and turn left onto NE 147th Street. The road will end at the trailhead. This gravel, gently graded, trail is a 5/8 mile round trip loop. There are no restrooms on site.

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**Island Center Forest Hike** - 17760 115th Ave SW, Vashon 98070

Follow Vashon highway S. Turn Right on SW 188th St. Turn right into parking lot. This site is appropriate for walking or mountain biking. This beautiful forested trail is flat and well maintained. Follow the main trail. At first sign turn right and follow the Land Trust Trail. The trail endpoint is at the other end of the clearing. This hike is approximately 1.25 miles. There are sanicans and doggy bags at the trailhead.

**Ride the Preston Snoqualmie Trail** - Preston-Fall City Road Southeast Preston, WA 98027

Start at Preston Athletic Fields and Park - The Park is located at Preston Fall City Rd SE and SE 87th Pl. The trail is adjacent to the park. This paved, gently graded, off-road trail is a beautiful 4 mile round trip ride along a historic railroad route. Restrooms are available at Preston Athletic Fields and Park.

**Volunteer at a King County Park!** As an individual or as a team. Get some exercise and show your support for King County Parks! Contact Laurie Clinton our volunteer coordinator at 206-296-4452.

**HIGH INTENSITY ACTIVITIES****Take a hike or mountain bike ride at Tolt-MacDonald Park** - 31020 NE 40th St, Carnation

From the main parking lot walk toward camping area. Entrance to the bridge is near campground. Tolt-MacDonald Park offers 12 miles of forested and riverside trails and is a favorite mountain bike destination. To access the trail network, walk across the suspension bridge and continue up the hill towards the cabin. A trail sign will be located near the cabin and you will see a midpoint trail sign at a .25 of a mile.

**Run the Big Backyard 5K to benefit King County Parks** - Marymoor Park 6046 West Lake Sammamish Pkwy NE, Redmond 98052

Enter to walk the Big Backyard 5k at [www.bby5k.com](http://www.bby5k.com) on May 20, 2012. This family, dog and pet friendly event does have a fee for participation and all proceeds benefit King County Parks.

**Ride the Marymoor Connector and Sammamish River Trail** - Marymoor Park 6046 West Lake Sammamish Pkwy NE, Redmond 98052

This challenge starts at the Velodrome at Marymoor Park. Enter the Park and follow signs to Parking Lot I. Take an approximately 22 mile round trip bike ride along the paved Sammamish River Trail with some scenic views of rivers, mountains and valleys. Start at the Velodrome and follow the Marymoor Connector trail West toward Bellevue and connect onto the Sammamish River Trail. The midpoint is near Log Boom Park. There are restrooms and benches at the beginning and end of the trail.

**Ride the Soos Creek Trail** - SE 266th St & 148th Ave SE, Kent 98042

An approximately 10 mile round trip bike ride along the Soos Creek Trail through woods, meadows and wetlands. This is a paved trail that does have some incline/decline. The trail jogs right at the T junctions and then at the first left. Look for the endpoint marker around mile 5 at Gary Grant Park. Restrooms at start/finish. Benches along route.

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**Cougar Mountain Park Hike** - 10400 Renton Issaquah Road SE, Renton, 98059

From I-90\_Take Exit 15 and drive south on Highway 900 (17<sup>th</sup> Avenue NW and then Renton-Issaquah Road SE) for 3.3 miles. Look for the trailhead sign and an asphalt driveway that goes up hill on the right. From the parking lot go .6 mile up a gentle hill to the Wilderness Creek-Wilderness Cliffs junction. Follow the 1.5 mile Wilderness Creek trail to the Wilderness Peak trail. From the W-Cliffs trail trek .2 m to the Wilderness Peak and from the Creek trail you'll trek .4. You've made it to the highest point on Cougar Mountain at an elevation of 1595 feet.

**Play Tennis at Steve Cox** - 1321 SW 102nd St, Seattle 98146

Bring your own tennis equipment and play like the pros at this newly refurbished tennis court. After the match enjoy some of the other offerings of the park including the reflexology walking path, play area and a picnic shelter.

**Play Disk Golf at Lakewood Park** - 10920 10th Ave SW, Seattle 98146

Bring your own disks and enjoy this high intensity activity that takes you throughout the park. Basket 1 is right off the parking lot. If you don't have your own equipment there is a pro shop on site.

**Ride the Cedar River Trail** - Start point is at Hwy 18 and Maple Valley Road Gravel Lot

Travel East along Highway 169. Gravel Parking lot will be on the left right before crossing under highway 18. The Cedar River Trail is a paved, off-road trail. Travel North West along the trail (toward Renton) for a scenic 14 mile round trip ride. The half-way point is at one of our Regional Trails Kiosks. There are no restrooms along this length of the trail.

**Maury Island Marine Park Hike** - 5100 SW 244th St, Vashon 98070

Enjoy the peace and relaxation of a beautiful beach. Begin at the parking lot and follow the trail down to the waves and sand. The walk back up is a steep hike. Sanicans are available at the bottom of the trail.

**Ride the Boot Camp Cross-Country trail at Duthie Hill Mountain Bike Park** - 27101 SE Duthie Hill Road, Issaquah 98029

From I-90 east, take Exit 18, East Sunset Way - Highlands Drive. Stay left on Highlands Drive and follow for 2.1 miles. Turn right onto Issaquah-Fall City Road and follow for 2 miles. Becomes Duthie Hill Road. Follow one mile and turn right into the park. The parking lot is often full. If so, park at Cascade Elementary school. The lush forest provides an excellent backdrop for a mountain bike park, the result of a partnership with Evergreen Mountain Bike Alliance. Trails are marked green for beginner, blue for moderate, black for most difficult. Bootcamp is a green, beginner, cross-country trail. From the parking lot, bike to the main clearing, about a 1/4 mile. The Kiosk has a trail map if you didn't bring one and shows where Bootcamp begins. All cross-country trails begin and end in the clearing.

**Pinnacle Peak Park Hike** - SE 276th and 472nd SE, Enumclaw 98022

From Highway 169 Turn Left on S 416th Street (Stop N Shop). Turn Right at 284th Ave SE (Stop Sign). Turn Right at 472nd St.. Trailhead is on L. No formal parking lot. Informal shoulder parking is available. Follow Cal Magnuson Trail straight up. This hike is high intensity and will take about 35-45 minutes. Sanicans are available at the trailhead.

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**Taylor Mountain Forest Hike** - 276th Ave SE & SE 188th St, 98027

Main parking lot is located at the intersection of State Route 18 and the Issaquah-Hobart Road. Enter main parking lot and cross gravel road to Holder Ridge Trail. This site is mountain bike and horse friendly. Follow the Holder Ridge Trail to the right to connect with the Holder Knob trail. Enjoy beautiful forest views and turn right and follow the Forest Road back to the parking area.

**Gold Creek Hike** – Gold Creek Park 16020 148th Ave NE, Woodinville, WA 98072

From I-405, take exit 20B for NE 124th St. Turn right onto NE 124th St. Turn left onto WA-202 W/Woodinville Redmond Rd NE. At traffic circle, continue straight onto Woodinville Redmond Rd NE. At traffic circle, take the 2nd exit onto 148th Ave NE. Park entrance on right at Boys and Girls Club Lodge sign. Both hikers and equestrians can enjoy the site's extensive trail network. The trails can be somewhat steep in places so hiking boots are a good idea.

**Ride the Preston Snoqualmie Trail** - Preston-Fall City Road Southeast Preston, WA 98027

Preston Snoqualmie Trail. Start at Preston Athletic Fields and Park - The Park is located at Preston Fall City Rd SE and SE 87th Pl. The trail is adjacent to the park. This paved, gently graded, mostly off-road trail is a beautiful 14 mile round trip ride with a view of the Snoqualmie Falls. At Preston Fall City Road a portion of the trail is on road with a jersey barrier. There are also a few steep switchbacks. There are restrooms at Preston Athletic Fields and Park.

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